

221st BSB – Wiesbaden, Wackernheim, Dexheim



Photo by Cassandra Kardeke

Soldiers and civilians welcome the dawning sun on the 10th day of manning a 24-hour operational Installation Staging Area at Wiesbaden Army Airfield for 1st Armored Division vehicles.

1st AD ready to roll with BSB help

By Cassandra Kardeke
221st Base Support Battalion
Public Affairs Office

What does it take to prepare a division for deployment?

“A lot of hard work, little to no sleep, coordination and committed people,” said Capt. Andrew Montoya, 221st Base Support Battalion Headquarters and Headquarters Company commander, after heading up the largest Installation Staging Area for the 1st Armored Division at Wiesbaden Army Airfield.

With the help of 88 soldiers, civilians and volunteers, almost 2,000 vehicles and heavy equipment belonging to 1st AD were in-

spected and loaded over a 10-day period at the airfield’s ISA in preparation for the division’s deployment to the Central Command’s area of responsibility.

“This was a major operation and we were able to get it done without any serious problems,” said Lt. Col. Dennis E. Slagter, 221st BSB commander, during an appreciation ceremony on the last day of the ISA. “You all worked hard manning this operation 24 hours a day for 10 days. Because of you, the soldiers of the 1st Armored Division can concentrate on their mission at hand.”

Several of the soldiers and civilians that assisted the ISA were rec-

ognized for their dedication, including Army and Air Force Exchange Service employee Chris Lopez who delivered pizzas and pastries to the soldiers as they stood by waiting for their vehicles to pass through inspections.

“Our main purpose is to support the troops, so we’ve been out here right along with them offering pizzas, pastries, sodas — whatever they need,” said Lopez, otherwise known as “the Cinnabon Dude.”

“We couldn’t have made this happen without the work of the soldiers, augmentees and civilians who rotated between day and night shifts to ensure the vehicles were good to go,” said Montoya.



Photo by Robert Pierce

A soldier helps guide the driver of a Bradley fighting vehicle onto a railway bed at the Installation Staging Area at Wiesbaden Army Airfield. Railhead operations caused minor traffic problems and delays at the airfield earlier this month as 1st Armored Division vehicles were loaded and prepared for shipment to the Central Command area of responsibility.



Photo by Robert Pierce

A soldier assigned to 1-4th Air Defense Artillery from Wackernheim drives an Armored Personnel Carrier onto a railway bed at Wiesbaden Army Airfield.



Photo by Cassandra Kardeke

Chris Lopez, Wiesbaden Army Airfield Cinnabon manager, delivers pizzas, pastries and sodas to soldiers and civilians as they inspect vehicles for 1st Armored Division’s upcoming deployment.

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2003 Kinderfest highlights



Left: Children run through the middle school playground hunting for eggs at an Easter egg hunt held in conjunction with Kinderfest. Children had their pictures taken with the Easter Bunny before checking out the booths and activities at the Youth Services complex.



Photo by Torsten Huth
An entertainer wows children and adults with his rendition of hats, dogs and other animals made of balloons during the Kinderfest at Hainerberg Housing April 19. Almost 500 people enjoyed the day's activities that included a youth marathon, Easter egg hunt, live music, food and plenty of games and activities for kids.

Photo by Cassandra Kardeke



Photo by Cassandra Kardeke



Photo by Torsten Huth
Sherrie Floyd, Wiesbaden Community librarian, reads stories to children in the Storytime Corner during the Kinderfest April 19.

At left: Jose, age 5, and Kiara Noguerras, age 3, run through and try to pop bubbles from a bubble blowing machine.

At right: Troy Clark, age 5, builds a bird feeder made out of an apple, marshmallow cream and birdseed.

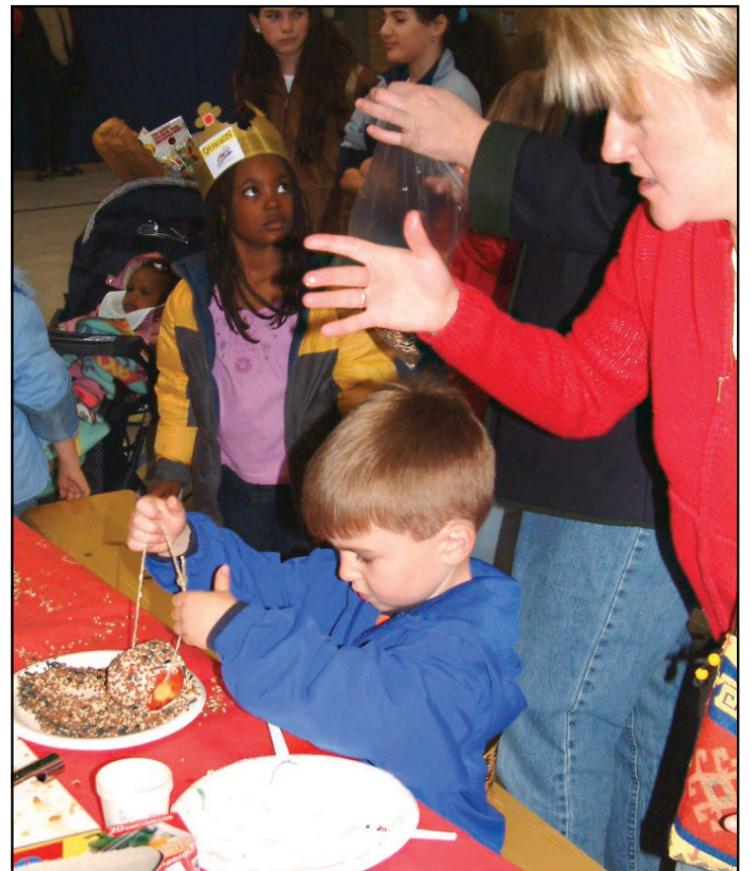


Photo by Torsten Huth



Photo by Amy Cook

Just for kids

Children gather around a clown at Dexheim's Kid's Fun Fest April 3. Over 200 people attended the celebration honoring children during the Month of the Military Child. Throughout the day children enjoyed games, face painting and arts and crafts while parents were given information on child abuse, the Women, Infants and Children program, child development and fire safety in the home.

BSB resolves AFAP quality-of-life issues

By Cassandra Kardeke
221st Base Support Battalion
Public Affairs Office

Residents in the 221st Base Support Battalion military communities have seen just what can be accomplished when a community comes together to help improve quality of life.

Almost 100 volunteers came together Feb. 4-6 for the annual Army Family Action Plan conference to sort through and narrow down a long list of issues and complaints affecting military and civilian families in Wiesbaden, Dexheim and Wackernheim.

"Out of the top 16 issues we came up with, some have already been resolved and closed," said Lt. Col. Dennis E. Slagter, 221st BSB commander.

One such issue was the lack of a reliable military shuttle bus between the housing areas and Wiesbaden Army Airfield. "Beginning April 9 we started a new shuttle service which includes more stops in all the housing areas Monday through Friday. We will also be adding a weekend schedule very soon," said Lavon Peoples, director of logistics.

For a complete listing of the new bus routes and times, click on the Directorate of Logistics link at www.wiesbaden.army.mil.

Another issue recently closed was crowding at the middle and high school cafeteria. Immediately after the AFAP Army and Air Force Exchange Service officials took another look at the cafeteria situa-

- Top 2003 AFAP issues**
- 03-1: Inadequate military shuttle bus service
 - 03-2: Road conditions within the 221st Base Support Battalion
 - 03-3: Barracks maintenance and safety
 - 03-4: Access to accurate housing information
 - 03-5: Pedestrian and traffic safety at Hainerberg Shopping Center
 - 03-6: Customer service difficulties with Deutsch Telekom
 - 03-7: Access to slot machines at military installations overseas
 - 03-8: Insufficient dental staff at the Wiesbaden Dental Clinic
 - 03-9: Domestic violence liaisons in units
 - 03-10: Medical costs not based on civilian grade
 - 03-11: Excessive student/teacher ration
 - 03-12: Middle/high school cafeteria over crowding
 - 03-13: Inflexible student enrollment projection policy
 - 03-14: Preschool services
 - 03-15: Unaccompanied tours
 - 03-16: Transportation for youth services

tion and made changes to alleviate the overcrowding.

"We've changed things around a little and have added more registers to ease the congestion in the line," said Darrin McReady, AAFES food service manager. Students will also see an added menu item beginning next school year as AAFES has contracted with Pizza Hut to serve pizza during lunch.

"We had hoped to get it in before this school year was out but we just weren't able to; however, we will be offering Pizza Hut deliveries within the housing areas this summer," said Frank Niccoll, AAFES general manager, during a Town Hall Meeting April 16.

Another school issue brought up during the AFAP conference was the student/teacher ratio at Department of Defense Dependents Schools in the 221st BSB communi-

ties. "The administrators for all the schools have been working very hard to reach the standard DoDDS student/teacher ratio and, although we are not completely there yet, we will be within the next school year," said Slagter.

Of the 16 issues, one issue regarding unaccompanied tours in Germany has been deemed "unattainable."

Earlier this year an announcement was made that the Army was looking into changing assignments in Germany to unaccompanied tours for a shorter period of time.

"Although this made it as a top AFAP issue and was forwarded to higher-ups, there is really nothing we can do about this until the Army completes its study and decides what they want to do," said Slagter.

Youth access to slot machines at community bowling centers was also an issue that was recently resolved and closed.

"While renovating the Wiesbaden Bowling Center we removed the slot machines that were located in the entryway and back of the bowling center," said Slagter. Because there is no separate space to relocate the machines, they will not be replaced.

The door to the slot machine room at the Dexheim Bowling Center will remain closed so to not allow access for minor children into the room; however, the glass partition must remain clear to allow employees visibility to monitor the room, said Michael Pullin, Morale, Welfare and Recreation business operations division chief.

For a complete listing of the 2003 AFAP issues and status, click on the Directorate of Community Activities link at www.wiesbaden.army.mil.

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Army Community Service news

IACS registration

Registration is ongoing for the new Installation Access Control System at Wiesbaden Army Airfield and Anderson Barracks in Dexheim. Current military identification card holders need only bring their ID card and proof of why they are in Germany to register. Registration is located in Building 1041 at the airfield (the former location of CMR 430) and at the Military Police station in Dexheim.

Scavenger hunt

Learn more about Wiesbaden and the surrounding areas with the Kontakt Club Scavenger Hunt May 4. Call the 221st Base Support Battalion Public Affairs Office at mil 337-5772, civ (0611) 705-5772 or Evelyn Zierer at civ (0160) 655 5976 for more information.

Volunteers sought

Volunteers are needed to deliver refreshments to troops on force protection duty. For more information call the USO at civ (0611) 721-010.

The Tony Bass Fitness Center needs volunteers for equipment issue, athletic events and enforcing facility rules. Work schedules

can be tailored to meet individual needs. For more information call mil 337-5943 or civ (0611) 705-5943.

The American Red Cross is looking for volunteers for the Healthy Baby Pregnancy class and at both the community mailrooms and the Army Post Office. Call mil 337-1760 or civ (0611) 705-1760.

Mexican night

Join the Kontakt Club for a dining out experience at the Hacienda Mexican restaurant in Wiesbaden-Biebrich May 30. A €10 refundable deposit is required. Call the 221st Base Support Battalion Public Affairs Office at mil 337-5772, civ (0611) 705-5772 or Evelyn Zierer at civ (0160) 655 5976 for more information.

Rhine Aflame

Sign up now to join the Kontakt Club for Rhine Aflame July 5. This popular riverboat excursion includes dinner, live music and the fireworks display along the Rhine River. Tickets cost €40 for members and €43 for nonmembers. Reservations must be made by May 31. Call the 221st BSB Public Affairs Office at mil 337-5772, civ (0611) 705-5772 or Evelyn Zierer at civ (0160) 65 55 976 for more information.

Dexheim tour

Dexheim Army Community Service offers a new bus tour visiting interesting cities and locations to help get acquainted with your new community. For more information or to reserve a seat call mil 334-5716 or civ (06133) 69-622.

Army Family Team Building

Wiesbaden/Dexheim Army Family Team Building offers training to spouses, civilians and family members including teens. Benefits of training include enhancing employment opportunities, promoting self-reliance, learning the ability to adapt to change with minimal stress and preparing families to face challenges of the military lifestyle. Classes are held every Tuesday from 9 a.m. to noon at Army Community Service in Hainerberg Housing.

Night classes are held the second Tuesday of the month at Dexheim and the third Tuesday of the month in Hainerberg from 6-8 p.m. A Welcome to Wiesbaden class is held at the American Arms Hotel, Room 240 the first and third Monday of the month from 6-7:30 p.m. For more

information call mil 337-5034 or civ (0611) 705-5034.

Religious services

Wiesbaden Army Airfield Chapel holds Protestant services at 10 a.m., Gospel services at 12:45 p.m. and Catholic services at 5 p.m. Sunday. Hainerberg Chapel features Catholic services at 9 a.m. and Protestant services at 11 a.m. Sunday. For more information call mil 337-1570 or civ (0611) 705-1570.

Child care work

Do you like children? Want to earn a paycheck while working from home? Become a Family Child Care provider. Stay home with your children, work from your home, develop professionally with free training and get paid at the same time. Call the FCC office at civ (0611) 380-7729 for more information.

Scouting in Wiesbaden

Bored? New in town? Make new friends and get together with old ones with Wiesbaden Scouts. Sign up today — Girl Scouts, call civ (06123) 899 593; Boy Scouts, call civ (0611) 520 532; Cub Scouts, call civ

(01728) 044 8247.

Loan Closet

Household items are available for loan to you and your family at no charge through Army Community Service's Loan Closet. Basic living items include pots, pans, dishes, cooking and eating utensils, irons and ironing boards, coffeemakers, toasters and microwave ovens. Children's items include booster seats, strollers, cribs, car seats, highchairs and sure gates. Call mil 337-5754 or civ (0611) 705-5754 for more information.

Resume class

Army Community Service offers resume classes every Thursday from 10 a.m. to noon in Building 7790, Room 22, in Hainerberg Housing and at 3 p.m. at the American Arms Hotel, Room 240. Evening classes are held at 6 p.m. the last Thursday of each month at the American Arms Hotel. For more information call mil 337-5034 or civ (0611) 705-5034.

BOSS meeting

Better Opportunities for Single Soldiers meets the first and third Thursday of each month at 2 p.m. in the 221st Base Support Battalion conference room.



Baumholder takes lead in deployment

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

The name of the game today is deployment, leaving Europe to fight the battle elsewhere. To prepare soldiers and their equipment for this mission Baumholder's 222nd Base Support Battalion has taken the lead, and the way Baumholder handles the deployment business has set the standard for deployment operations in the European theater, said officials.

Deploying soldiers along with their equipment and vehicles need to be ready for any contingency once they leave their home base. Baumholder's 222nd BSB developed the Installation Staging Area, a sequence of stages that track and wheeled vehicles must pass through before deployment, officials

said.

The ISA helps soldiers prepare their vehicles and equipment and ensures they are ready to load onto railcars and ships, and that those vehicles are in fighting condition once they get to their destination.

Baumholder's 2nd Brigade Combat Team and Division Artillery pushed all their deploying vehicles through the ISA in record time.

"We actually ended about two days sooner than we were planning to because the units came down prepared to go through the ISA and that helped immensely," said Capt. Amy Wallace, officer in charge of stations one through five at the ISA.

The operation "went very smoothly," she said. "I think doing it (standing up the ISA) for the deployments to Grafenwöhr helped a lot. It helped us refine our opera-

tions and it helped the units know what to expect when they came through," she said.

The stages cover everything from mechanical checks to documentation. When vehicles first arrive at the ISA they are received and inspectors ensure drivers have an appropriate checklist and paperwork.

The vehicles then move to the

mechanical check point to ensure everything is in working order.

The last stage of the ISA is the fuel and defuel stage. This stage ensures that vehicles have the proper amount of fuel either to get on the train or to go on a road convoy.

It can take 30-40 minutes for a vehicle to go through the ISA if it doesn't have to wait in line or if it

doesn't have a problem.

After running the gauntlet at the ISA vehicles needing paperwork or repairs are taken care of on the spot or returned to their motor pools for immediate repairs, depending on the need.

Those that are good to go either head to the railhead or are staged at various locations on post as they await their train or convoy.



Photos by Ignacio "Iggy" Rubalcava

Soldiers ready their Bradley fighting vehicles to convoy to the railhead. As the vehicles processed through the Installation Staging Area, many were temporarily staged at Camp Aulendorf and the airfield before being loaded on trains. Photo left: soldiers prepare chocks at the railhead for their vehicles.

Walk-in therapy

Physical therapy will become a direct access service for active duty soldiers only beginning May 12. No referral will be needed for active duty soldiers experiencing injury or pain in their shoulder, elbow, wrist or hand, neck, back, hip knee, ankle or foot. Walk-in physical therapy will be available from 8-10 a.m. Mondays, Tuesdays, Wednesdays and Fridays in Building 8744. Patients must bring their medical records. For more information call mil 485-6357.

POV inspection

The privately owned vehicle inspection point has moved to Building 8421, behind the 222nd Base Support Battalion transportation motor pool. The move is designed to cut back on traffic as a result of rail movements and construction at Quartermaster Kaserne. Vehicle Registration and Transcar

remain in place at Quartermaster Kaserne.

Child Fun Fest

This year's Military Child Fun Fest has been rescheduled for May 10 from 1-4 p.m. at the Rheinlander Convention Center. Planned activities will include a fire truck display, the Whopper Hopper, arts and crafts, face painting and information booths for Educational Developmental Intervention Services and Women, Infants and Children. Have your child bring a teddy to the teddy bear clinic and Baumholder's Health Clinic will administer an exam, immunizations and castings. Snacks and refreshments will be served.

AAFES is hiring

AAFES is looking for food service workers. Starting pay for day

shift is \$7.81 and \$8.40 for night shift. Starting pay for most retail worker positions also available for day shift is \$7.33 and \$7.88 for night shift. Interested applicants can go online at www.aafes.com, or pick up a paper application from one of the recruitment offices located at Baumholder in Building 8402, at Vogelweh in Building 2011 or at Ramstein in Building 1123. For more information call civ (06783) 3086 or mil 485-7334.

Dold Exquisit files for bankruptcy

Dold Exquisit, the company that owns the clock store in the Ramstein Base Exchange, has filed for bankruptcy. The company has closed all of its locations, both on and off military installations. Anyone who used a credit card to purchase or

place a deposit on Dold merchandise at any Dold location and has not yet received the merchandise, should immediately contact their credit card company to cancel the purchase, if that is possible.

It is recommended that anyone who has already paid the balance of the purchase contact their credit card company to see if it provides bankruptcy protection on purchases.

AAFES is looking into the possibility of providing refunds to customers who have purchased undelivered merchandise through Dold BX locations.

Credit card purchasers, however, should act now to protect themselves. More guidance will be provided by AAFES for all Dold customers as soon as it becomes available. (IMA-Europe Public Affairs Office)

Providers needed

Baumholder's Youth Services is looking for Family Child Care providers. Providers benefit by being able to stay at home with their own child while caring for others. They receive ongoing training and college credit as well as earn a child development associate credential and a subsidy from the government. Providers serve as a role model for children and provide a much needed service.

They also help foster children's development and are able to make a difference in their lives. Call mil 485-6588 or civ (06783) 66658.

Customs hours

The Baumholder Customs Office is located in Building 8724, Room 2. Their customer service hours are Mondays through Wednesdays from 8:30 a.m. to noon and 1-4:30 p.m., Fridays from 8:30 a.m. to noon and 1-4 p.m. The office is closed on Thursday and training holidays.

Post notes

ACS focuses on supporting families

By Ignacio "Iggy" Rubalcava
222nd Base Support Battalion Public
Affairs Office

With the imminent deployment of the 2nd Brigade Combat Team, family members are preparing themselves for life after the soldiers are deployed. They are not alone, though, because Baumholder's 222nd Base Support Battalion Army Community Service has stepped in to ensure family members know how to manage their personal issues and needs on their own.

Just like soldiers prepare their equipment, personnel records and gear before a deployment, a similar process takes place through the ACS family readiness program that is designed to assist families prepare for the upcoming deployment. This program is a new approach to preparing families to deal with their day-to-day needs.

ACS launched its first family readiness program earlier this year. Families actually participated in the program that included much of the same features as the latest two-day sessions held April 16-17.

"They went great," said Donna Finney, ACS officer, after the latest sessions. "The first day I wasn't really excited because we had a lot of people in the gym but not in the briefing, but yesterday the briefings were packed and the gym was also packed," she said.

An interesting fact that Finney pointed out is that although each session was packed, in eight of the nine sessions there were only a handful of people who attended the initial session. She speculates that the difference why a lot of people showed up the second time who did not come the first time was because this time it was real. "Maybe they felt that sense of urgency," she said.

"I think the other thing that was different was the attitude of the agencies. They seemed to be more committed and passionate. They were ready this time to provide additional services and things like that. So they too felt that sense of 'Gosh, this is important, we have to do it,'" she said.



Photo by Ignacio "Iggy" Rubalcava

Family members gather information at booths in the Hall of Champions after a detailed presentation at the Wagon Wheel Theater by Army Community Service and unit commanders.

The program not only makes families aware of the array of services available, it also gives them on-the-spot access to these agencies and services. Family members and soldiers don't just hear about what is available to them. They actually have direct access to these services immediately following introductory comments by commanders and ACS officials.

"I've learned a lot of things that will help me and my spouse, especially about things that she needs to do when we leave such as

going home — she wants to go home for more than six months," said Capt. Bill Butler, Headquarters, Headquarters Battery, Division Artillery, after completing the program. He also pointed out the numerous activities available to his wife around the community such as "the sponsorship program, volunteering for different jobs and things like that," he said.

Butler's comfort level increased after the program because, "I was a little concerned when we first got to Germany because it seemed like things were kind of different here, but they've got a system that works really well for the spouses. I can focus on my job."

As a new Army family member, his wife Julie is also more confident because she can leave and not worry about not knowing what to do while her husband is deployed.

"It's helpful and it's worth coming in to ask the questions that you need to ask, and take care of legal matters if you have any of those," she said.

"I thought it was a good program put together to give the families a sense of readiness, so they're prepared for the deployment of their soldiers," said Sgt. 1st Class Daniel Hilton, HHB, Division Artillery, another visitor at the Hall of Champions.

"I think it's a great program," he said. "It gives the families knowledge of the support that's going to be back here for them and also eases the soldier's mind and lets them know that their families are taken care of while they're deployed," he said.

Each session began in the theater with a briefing specifically tailored for family members. Following the briefing the members filed into the Hall of Champions where representatives from the various support agencies answered questions and provided assistance.

For example, the Red Cross offered emergency notification cards that family members could mail home in advance so that if there is an emergency at home, the notification process will not be delayed. The legal representatives were also there to help. They helped soldiers and spouses execute powers of attorney and wills on the spot.

Although the program is designed for family members, ACS encouraged both the soldier and the family to attend. "We want both people together because this is planning for a family, and they need to go home and discuss the issues and see how it relates to them — because this is a family decision," said Finney.

"I think that family members gained peace of mind," said Finney about the deployment briefings. "That's what I think our mission here is, to give people peace of mind by helping them to gain the knowledge and the skills that they need to be self-sufficient, so they know that there's someone out there that cares and they know where to turn for help if they need it," she said.

For more information call civ (06783) 6-8188, mil 485-8188 or your unit family readiness group.



Photo by Ignacio "Iggy" Rubalcava

A family member uses a questionnaire she prepared during the presentation to have her specific deployment related questions answered.

Makeshift sewing shop fills a need

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

Working in shifts that cover a 12-hour day, a group of nine family members have set up a sewing shop at the 47th Forward Support Battalion day room to help with the inundation of desert combat uniforms that need patches and insignia sewn on.

The volunteer effort began as a

suggestion from a family member to help the soldiers in the 47th FSB, but it has since snowballed into a full-time volunteer project that is helping soldiers from virtually every unit prepare for deployment.

Rebecca Williams, a Family Readiness Group leader for the 47th FSB, first brought up the idea of a volunteer sewing circle. "She'd seen it done somewhere before for a different action that was going on, so she said why don't we just offer

to do this," said Betty Harder, one of the women volunteering for the project. "We planned on doing it the week after spring break, but she came up and started sewing her husband's uniform and it just kind of blossomed from that point on. She started by sewing uniforms for her husband and a couple of his soldiers.

"Other soldiers were coming in so we put out the word that we needed help and we've had a won-

derful response," said Harder.

The day room's pool table serves as a sorting area for the piles and bags full of uniforms that need flags, rank and patches sewn on, and three sewing machines are constantly in use by the volunteers. While Williams works diligently at one of the machines, her daughter Emilie occupies herself by scattering potato chips all over a chair and the day room floor. Apparently they're more accessible that way rather than having to fish them out of the bag individually. "She's been our best volunteer. She's been here every day since we started," said Williams.

"Some of us will stay 12 hours a day depending on the need, and right now the need is high so some, like Rebecca, stay all day long," said Harder.

"Sometimes we'll come in at 8 or 9 a.m. and work until 10 p.m.," said Harder. The existing need is what's

driving the volunteers to put in such long hours. Some soldiers require a quick turnaround on their uniforms and the volunteers are flexible enough to abide.

"We get hot items which they need for an inspection or for other various reasons, and we can get them out the same day. We like to tell them at least a week, but the average is about three days."

Their speedy service is certainly commendable for these women who are volunteering just because they see a need for their services. "We can do one full set in about an hour. A full set usually includes the cap, the DCU cover, the hat and two shirts and a jacket. Depending on how many women are here, that's how many we can get out," said Harder.

Almost every unit on post has requested the services of the 47th FSB sewing circle. "Word got out as word does, so we started doing it for other units. They come up and they need something right away, and we're more than willing to help out where we can. They know someone who knows someone that heard someone say that we were here. So they come to us. Soldiers are soldiers so we help them all," said Harder.

Harder, Williams and the other members of the sewing team, Cathy Hurley, Sgt. 1st Class Molly Coufal, Delia Blanco, Jennifer Leasure, Jennifer Schradley, Rita Hatoum and Natascha Shackelford plan to continue filling the sewing needs of the soldiers until the need stops.

"We're here until they don't need us any more," said Harder.



Photos by Ignacio "Iggy" Rubalcava

Rebecca Williams (left) sews a patch on a desert combat uniform while Betty Harder brings her another order to fill. Cathy Hurley (right) is also busy putting the finishing touches on her order. The need to have patches sewn on desert combat uniforms recently skyrocketed, and about nine family members from the 47th Forward Support Battalion have volunteered to fill the need for the entire Baumholder community.



Emilie Williams may not be able to sew, but she has provided moral support at the sewing center every day since the project began.

Part of preventive medicine team

Never a dull moment in community health nursing

By Capt. Jennie Polk

Army Community Health Nurse

I am often asked if community health nursing isn't boring? My reply is that I look forward to the days when it is boring.

Not many beneficiaries understand the role of the community health nurse. As our name implies, we do work closely with the community and we are not limited to the confines of a traditional clinic. We work in a clinic, but when needed we leave the clinic and go wherever duty calls.

What exactly does a community health nurse do for the community? We have a variety of duties. We perform health and sanitation inspections at child and youth service facilities. We ensure that the centers are well maintained. We check their employee and children health records to ensure that immunizations are up to date, and identify those children with special medical needs. We develop a plan of care for children with special medical needs and train the staff about how to administer medications if needed. Baumholder has the largest child and youth services program in U.S. Army Europe, with 11 centers and 20 Family Child Care homes, so fortunately we have a child and youth service nurse to assist with this awesome responsibility.

As community health nurses we are responsible for tracking and reporting communicable diseases. If a patient is diagnosed with a communicable disease, we educate the patient on the illness and treatment. Tracking communicable diseases to stop the spread of an infection is very time intensive. Communicable diseases can range from the flu to sexually transmitted diseases. During the smallpox vaccinations, community health nurses were involved in educating soldiers, family members and local nationals about the vaccine and precautions to take.

Community health nurses are part of the preventive medicine team, so we are here to help prevent illness from occurring. Health promotion and wellness is a big part of our job. We perform blood pressure screenings at health fairs, we give classes on how to take care of yourself and we facilitate tobacco cessation classes and one-on-one counseling for individuals who cannot attend classes. We also teach an expectant parent class for first-time parents. We perform phone visits with new parents to answer any questions they may have about the infant and mother's condition.

We try to educate and assist the community wherever the need arises. For more information call mil 485-7312.



Contributed photo

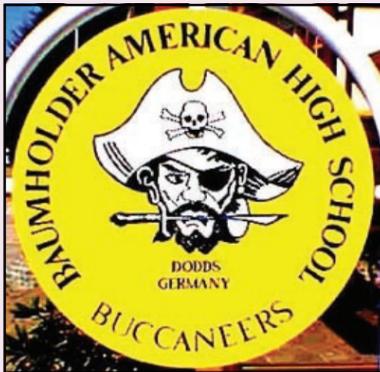
Capt. Jennie Polk, community health nurse, checks audiologist Dionne Klauer's blood pressure.

Buccaneer Night offers fun for all

Baumholder American High School will host its annual Buccaneer Night at the Rheinlander Club May 16. The doors will open at 5:30 p.m.

Buccaneer Night is an evening of fun, food and festivities for the entire family, with proceeds funding scholarships for college-bound members of the high school senior class. Some of the events scheduled for this year are a pie toss, children's games, an auction and refreshments and food featuring grilled Schwenkbraten.

"Buccaneer Night is a wonderful opportunity for the Baumholder community to come together in support of their departing high school seniors, while having a great time," said Dom Calabria, Baumholder American High School principal.



"In the past Buccaneer Night has enabled us to raise a great deal of money to assist our seniors in their future educational pursuits," said Calabria. "The seniors also participate in the evening's events which makes it all the more memorable for them."

Buccaneer Night is open to all U.S. identification card holders.

For additional information call Pamela Kesling at civ (06783) 900 981.

Time to thank child care providers

National Provider Appreciation Day is May 9.

This is a special day to recognize child care providers, teachers and educators of children everywhere.

Provider Appreciation Day is held so everyone can appreciate the number and importance of child care workers.

Today's child care providers are the world's unsung heroes. The child care profession is one of the most underpaid occupations in the country, yet early childhood is the most critical developmental period for all children, according to Youth Services officials. It takes a dedicated person to be successful in the demanding world of today's child

care professional. Provider Appreciation Day offers a unique opportunity to recognize and commend the unselfish dedication, compassion and strong family values that child care providers demonstrate every day. Baumholder's Youth Services officials are asking everyone to take this day to say thank-you.

Moving the mail

Packages not limited to shoe boxes

As the soldiers depart for duty in Iraq, rumors about what can or cannot be mailed to them are sprouting around the command like May flowers.

Family members in some military communities have reportedly been told they could only mail items the size of a basic shoe box downrange. Postal officials say this is not the case.

Mail parcels that can fit into a sackable mail pouch, providing they do not weigh more than 70 pounds and are no more than 72 inches in length and girth, may be mailed to

certain APOs.

One example of the size of a package that may be mailed is the black footlocker available at the post exchange.

Additionally family members must ensure the following:

- All packages must have a return address. A plain sheet of paper can be taped to the footlocker to affix the address.

- Do not put a lock on the black footlocker. Customs will remove the lock before it is sent. Tape may be placed over the hasps to keep it from opening.

- A Customs form with all the contents listed inside of the package must be provided. Customs will scan and X-ray all packages.

On average, letters and video/audio cassettes take about five to seven days to arrive. Bigger boxes take about seven to 10 days. Larger boxes are sometimes held at the Joint Mail Terminal for units that are on the move. Once units have reached a certain point, mail is then sent forward.

For more information call Baumholder's 90th Postal Company at mil485-7502/7551.